



2023 Central Council U12 Speed Training January 28th

8:00 AM - Main Lodge Opens

8:30 AM - 8:45 AM - Team Captain Bib Pick Up Main Lodge Lower Level Front Door

9:00 AM - Lift Open - Athletes and coaches

9:00 AM - 9:45 AM - Athletes Free Run/Warm Up - (No skiing on training venue)

9:45 AM - 11:45 AM - Training/Skills

11:45 AM - 12:30 PM - Break and lunch

12:45 PM - Course Inspection by Team

1:15 PM - Full Course Runs

2:30 PM - Approximate completion

Athletes must have their ski pass and race bib on at all times. Please return bib at the end of the race (finish area) or a lost bib fee will be charged. The lift safety bar must be down at all times when riding the lift.

Skill Progressions

- Starts
- Pole jumpers flat to medium pitch
- Jump - varying speed and angle
- Speed - maintaining speed through varying pitch and gate sequences
- Wave track
- Yellow flag rules
- Finish - proper technique



Athlete Safety

U.S. Ski & Snowboard works to provide a safe environment in which athletes can train and compete, free from abuse and inappropriate behavior.

Please review U.S. Ski & Snowboard's [Athlete Safety](#) policies, the [SafeSport Code](#), and the Minor Athlete Abuse Prevention Policies ([MAAPP](#)).

If you are an athlete who has experienced inappropriate behavior or know of an athlete who has experienced inappropriate behavior, please report to the U.S. Center of SafeSport [HERE](#) or U.S. Ski & Snowboard [HERE](#). All adult participants are mandatory reporters. Reporting violations may be made anonymously and there are no fees for reporting. We all are part of promoting a culture of safety through education, listening, and speaking up.

For reporting requirements and links to reporting, please go [HERE](#).